



PREVENTION WORKS IN MAINE

HIV/AIDS PREVENTION EDUCATION FOR SEXUAL HEALTH

A newsletter for health educators working with school aged youth

VOL #1 OCT 2011

ABSTINENCE

Best practices in prevention

Recently, 191 students in Maine high schools took pre-surveys prior to implementation of the Best Practice in HIV Prevention Education curriculum. Post-surveys showed a significant increase in knowledge of sexual issues, as well as self-efficacy to refuse sex.

If you would like to measure the impact of your sexual education curriculum, please contact us for your own surveys.

Best Practices helps young people delay the onset of sexual intercourse, as well as negotiate the use of safer sex products if and when they do become sexually active.

Overall, 55% of Maine high school students have not had sexual intercourse. Seventy-seven percent out of 9th graders and 62% out of 10th graders have not had sex. By senior year, 35% of students are still abstinent.

The next Best Practices curriculum training is being offered October 19-20 in Augusta. Click here for more info/register: [Best Practices](#).

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UPCOMING EVENTS

Nov 6: [Real Talk Workshop](#) (6/7th grades) at MAHPERD Conference

Nov 10: [Student Leadership Workshop](#) at MYAN Conference

Nov 15: [Partners in Prevention: Sex Ed for Students with Special Needs Training](#)

NOTICE: Booster Session (Oct 6) has been postponed until May, 2012.

Click [here](#) for a complete listing of all training.

HIV+ SPEAKERS

Sharing personal stories

We'd like to make you aware of a great resource from amfAR AIDS Research. They've made available video clips of personal testimonies from people living with HIV/AIDS. Click here:

<http://www.makingaidshistory.org/> for its new mini-website designed to show the human faces behind the 30-year struggle against AIDS. You'll find seven video clips to choose from. *(Please note: The Dept. of Education does not necessarily imply a*

recommendation or endorsement of the views expressed by amfAR.).

Connecting the clinical aspects of HIV/AIDS with personal effects like hearing personal stories adds an important dimension to student learning.

Many health educators have requested available speakers to share their stories with students. While we've found live speakers ([request list](#)) to be one of the best ways to help show the real results of having this disease, we know it's not always possible to arrange for

QUICK LINKS

[Family Planning Association of Maine](#)
[HIV/AIDS Info Resource](#)
[HIV, STD, and Viral Hepatitis Program, MCDC](#)
[Maine Integrated Youth Health Survey](#)
[Teen and Young Adult Health Program, MCDC](#)

them to visit. amfAR's videos may offer a good alternative. We also have available to you a free DVD, "Living With HIV," that features a young couple from Maine. If interested, please [contact us](#). ★

MAINE DATA

Current STD/HIV rates

The Maine STD/HIV data update through 8/31/11 shows significant increases in all four diseases as follows:

YEAR TO DATE CASES DIAGNOSED:	
HIV:	39
Gonorrhea:	154
Chlamydia:	2,115
Syphilis:	17

What does this mean to teachers? Since an alarming 29% of all chlamydia cases in 2010 were in the 15-19 year old age range, it's critical to educate our young people and make them aware of the risks.

SOURCE: Monthly STD/HIV Data Update, Maine Center for Disease Control and Prevention. ★

YOUTH SURVEYS



Youth Risk Behavior Survey

Trend data from 1997 to 2011 from middle and high school student surveys is now available. Some examples include:

- % of middle school students who ever had sexual intercourse has declined from a high of 23% in 1997 to 8% in 2011
- % of high school students who ever had sexual intercourse has declined from a high of 52% in 1997 to 45% in 2011

See [Trend Data Reports](#) for complete details. ★



The 2011 data will be available in late fall. Check out the survey

website for complete details at:
<http://www.maine.gov/youthhealthsurvey>. ★

ABSTINENCE

Best practices in prevention (Cont'd from pg 1)

The Best Practices in HIV Prevention Education curriculum focuses on sexual health, primarily with the skills to reduce very specific behaviors that put young people at risk for HIV/STIs and/or unintended pregnancy.

It is a combination of lessons that Maine educators see as effective best practices based on research. Best Practices consolidates what is best from both Maine and national curriculum developers.

Best Practices builds lesson by lesson in skill level and practice meeting many of the Maine Learning Results. It is user-friendly with student oriented learning strategies.

Our hope is that this curriculum will continue to improve Maine's students' ability to use the core skills for prevention. ★

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